

Key Stage 4 Examination PE - AQA GCSE PE

	Year 10	Year 11
A u t u m n 1	<ul style="list-style-type: none"> ● Bones ● Structure of the skeleton ● Functions of the skeleton ● Muscles of the body ● Structure of a synovial joint ● Types of freely moveable joints that allow different movements ● How joints differ in design to allow certain types of movement at a joint ● How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major moveable joints 	<ul style="list-style-type: none"> ● Introduction to NEA/Google Classroom ● Writing of introduction ● Analysis: What to include/what does it look like? ● Analysis: Fitness strength and weakness ● Analysis: Skill strength and weakness ● Generic feedback and improvements to analysis section ● Evaluation: What do include/what does it look like? ● Writing of evaluation.
A u t u m n 2	<ul style="list-style-type: none"> ● The pathway of air ● Gaseous exchange ● Blood vessels ● Structure of the heart ● The cardiac cycle and the pathway of the blood ● Cardiac output, stroke volumes and heart rate ● Mechanics of breathing - the interaction of the intercostal muscles, ribs and diaphragm in breathing ● Interpretation of a spirometer trace ● Understanding the terms aerobic exercise and anaerobic exercise ● The use of aerobic and anaerobic exercise in practical examples of differing intensities ● Excess post-exercise oxygen consumption (EPOC)/oxygen debt as the result of muscles respiring anaerobically during vigorous exercise and producing lactic acid ● The recovery process from vigorous exercise ● Immediate effects of exercise (during exercise) ● Short term effects of exercise (24 to 36 hours after exercise) ● Long term effects of exercise (months and years of exercising) 	<ul style="list-style-type: none"> ● Paper 2: Sports Psychology ● Skill and ability ● Classifications of skill ● Understand the characteristics of introvert and extrovert personality types, including examples of sports which suit these particular personality types ● Definition of intrinsic and extrinsic motivation, as used in sporting examples ● Evaluation of the merits of intrinsic and extrinsic motivation in sport ● Mock Prep. ● Mock exams
S p r i n	<ul style="list-style-type: none"> ● First, second and third class lever systems within sporting examples ● Mechanical advantage - an understanding of mechanical advantage in relation to the three lever systems ● Analysis of basic movements in sporting examples ● Identification of the relevant planes and axes of movement used whilst performing sporting actions 	<ul style="list-style-type: none"> ● Engagement patterns of different social groups and the factors affecting participation ● Commercialisation ● Types of sponsorship and the media ● Positive and negative impacts of sponsorship and the media ● Positive and negative impacts of technology

g 1	<ul style="list-style-type: none"> ● Health and fitness ● The relationship between health and fitness ● The components of fitness ● Linking sports and physical activity to the required components of fitness ● Reasons for and limitations of fitness testing ● Measuring the components of fitness ● Demonstration of how data are collected for fitness testing ● The principles of training and overload 	<ul style="list-style-type: none"> ● Conduct of performers ● The advantages and disadvantages for the performer of taking PEDs ● The disadvantages to the sport/event of performers taking PEDs ● Spectator behaviour (the positive and the negative effects of spectators at events) ● Reasons why hooliganism occurs
S p r i n g 2	<ul style="list-style-type: none"> ● Application of the principles of training ● Types of training ● Identification of the advantages and disadvantages (the effects on the body) of training types linked to specific aims ● Calculating intensities to optimise training effectiveness ● Considerations to prevent injury ● Specific training techniques - high altitude training as a form of aerobic training ● Seasonal aspects 	<ul style="list-style-type: none"> ● Strategies employed to combat hooliganism/spectator behaviour ● Linking participation in physical activity, exercise and sport to health, well-being and fitness, and how exercise can suit the varying needs of different people ● The consequences of a sedentary lifestyle ● Obesity and how it may affect performance in physical activity and sport ● Somatotypes ● Energy use ● Nutrition - reasons for having balanced diet ● Nutrition - the role of carbohydrates, fat, protein and vitamins/minerals ● Reasons for maintaining water balance (hydration)
S u m m e r 1	<ul style="list-style-type: none"> ● Warming up and cooling down ● Quantitative data ● Methods for collecting quantitative data ● Qualitative data ● Methods for collecting qualitative data ● Presenting data ● Analysis and evaluation of data 	<ul style="list-style-type: none"> ● Prep for exams.
S u m m e r 2	<ul style="list-style-type: none"> ● Definitions of types of goals ● The use and evaluation of setting performance and outcome goals in sporting examples ● The use of SMART targets to improve and/or optimise performance ● Basic information processing ● Identify examples of, and evaluate, the effectiveness of the use of types of guidance, with reference to beginners and the elite level performers ● Identify examples of, and evaluate, the effectiveness of the use of types of feedback, with reference to beginners and elite level performers ● Arousal ● Inverted-U theory 	

	<ul style="list-style-type: none">● How optimal arousal levels vary according to the skill being performed in a physical activity or sport● How arousal can be controlled using stress management techniques before or during a sporting performance● Understanding the difference between direct and indirect aggression with application to specific sporting examples ● Introduction to NEA/Google Classroom● Writing of introduction● Analysis: What to include/what does it look like?● Analysis: Fitness strength and weakness● Analysis: Skill strength and weakness● Generic feedback and improvements to analysis section● Evaluation: What do include/what does it look like?● Writing of evaluation.	
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